

**Supplementary Table 2 - RoB Table of studies involved in meta-analysis.**

	NOS assessment			Sub total assessment			Conclusion
Study	Selection (S)	Comparability (C)	Outcome (E/O)	S+ (Good, fair, poor)	C (G,F or P)	E/O (G,F or P)	G, F, P
1.Shore et al (2014)	***	*	***	Good	Fair	Good	Good
2.Banerjee et al (2019)	***	**	***	Good	Good	Good	Good
3.Leef et al (2019)	***	*	***	Good	Fair	Good	Good
4.Briasoulis et al (2020)	***	*	***	Good	Fair	Good	Good
5.Erdogan et al (2021)	***	**	***	Good	Fair	Good	Good
6.Jackson et al (2021)	***	*	***	Good	Fair	Good	Good
7.Ting et al (2013)	***	*	***	Good	Fair	Good	Good